

Better Breathing

A publication of
Breathe California
of the Bay Area

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10 Secrets to Better Breathing How to Improve Air Quality in Your Home

Source: *About.com*

If you have difficulty breathing, there are things you can do to improve the air quality in your home, and hence, help you breathe easier. You can improve air quality in your home by...

1. Avoiding the Use of Aerosols

Aerosols may cause respiratory distress in people suffering from a lung disease or respiratory ailment. Therefore to improve the air quality in your home, it is best to avoid their use whenever possible. Instead, substitute aerosols with other products that do not disperse themselves into the air.

2. Laundering New Clothes Before Wearing Them

New clothing carries many odors that can be irritating to people with lung diseases. Chemicals applied during cultivation, as well as during the milling or dying processes, are just a few of the sources of odors found on new clothing. If you find

that new clothing causes you respiratory distress, try washing the new clothing with 1/2 - 1 cup of powdered milk per wash load. This will help remove the odors.

3. Cleaning or Replacing Your Shower Curtain

Showering creates a moist environment, which encourages biological pollutants to grow. Shower curtains make an especially good home for mold to grow; therefore you should replace your shower curtain if it has a large amount of mold on it. If the mold is minimal, you can remove the shower curtain and scrub it with a household cleaner and rinse before re-hanging.

4. Dusting and Vacuuming Often

Dust and vacuum three times per week. Use a damp cloth when dusting and wear a dust mask to

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Have a great summer and we'll see you in the Fall!

With summer upon us, we will once again be taking a two-month break from our Better Breathers Club meetings. During July and August, we hope you'll take the opportunity to enjoy the sun, warm weather and numerous activities going on throughout in the Bay Area. We have enjoyed getting to know you and hope that our meetings and resources have been helpful in your drive to breathe easier. We look forward to bringing new and engaging speakers to you when we resume our regular meetings this September.

Have You Considered Leaving a Legacy?

While we recently changed our name, our mission remains the same - *to fight lung disease in all its forms and to work with our communities to protect lung health.*

As we continue our work to prevent new cases of lung disease, offer needed services to local patients and search for new cures, the need for your support has never been greater. Gifts in the form of wills or trusts can be part of your legacy as well as help us in our drive to ensure local residents can breathe easier for years to come.

Please remember Breathe California in your will or trust and let us know when you do so. That way, we can be sure to recognize and thank you for your generous contribution.

For more information, please contact Steve French by e-mailing steve@lungsrus.org or calling (408) 998-5865.

SAVE THE DATE: Join us for the Breath of Life Walk

On Saturday, September 23rd, Breathe California will be hosting its annual *Breath of Life Walk*. The leisurely 5K walk and family event starts at 10 am and will be hosted at West Valley College in Saratoga. Put together a team of friends, neighbors and family members and help us raise funds for the agency's local lung disease programs. For more information, contact Breathe California at (408) 998-5865 or visit www.lungsrus.org.

How to Improve Air Quality...

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prevent inhalation of dust particles. Keep small objects, such as knickknacks, in drawers or closed cabinets to minimize the chore of dusting.

5. Cleaning Humidifiers Often

Humidifiers with a water reservoir can cause mold or bacterial contamination and should be cleaned thoroughly at least once a week.

6. Using Exhaust Fans When Cooking, Especially When Using Cooking Oil

Any type of overheated fat/oil can cause noxious smoke containing molecules that cause respiratory irritation. When oil is heated, bubbles are formed and burst into the air releasing the noxious irritants. Be aware of vapors and use exhaust fans when cooking.

7. Checking Your Plants' Soil

Avoid over-watering your plants and watch for mold growth on the surface of the soil. If mold appears (white fuzz), re-pot the plants in clean soil or move them outdoors. Be sure to do the re-potting outside and remove all the soil that has mold growth.

8. Washing or Replacing Curtains With Blinds

Curtains are major dust magnets. If feasible, replace curtains with shades or blinds made of plastic or other washable materials to allow for easy cleaning. If you must use curtains, wash them weekly in hot water.

9. Avoiding the Use of Space Heaters

Kerosene and space heaters produce nitrogen dioxide that can irritate your eyes, nose and throat as well as cause breathing difficulties. If you do use them, open a window or turn on an exhaust fan to ventilate any fumes.

10. Replacing Old Carpet

Carpets generate a lot of dust. As they wear, the fibers break off and become airborne. Once airborne, these fibers enter into the heating system where they burn on the hot surfaces inside the furnace, causing toxic gases to be released into the air. If you have old carpet, consider replacing it with another type of flooring and using throw rugs that can be laundered.

The tips in this article have been provided by About.com. To learn more about maintaining a healthy home environment, call Breathe California at (408) 998-5865 and ask about our Home Assessment Program.

In the News

Each month we are proud to bring you some of the latest news affecting lung disease patients. You can also find more news briefs and articles online by visiting:

www.lungsrus.org

Click on the News link from the menu bar to reach our newsroom. From there, you can view individual articles by clicking on the "News Briefs" link.

From the Newsroom, you can also read about the agency's latest work in the community. Click on the "Agency News" link to view our latest articles and press releases.

Female Lung Cancer Patients Often Lack Early Symptoms

Reuters Health, May 8, 2006

Reuters Health reports a startling but interesting study showing that women who are diagnosed with lung cancer often lack early detection symptoms. Researchers from the Lincoln Medical and Mental Health Center in New York reported a surprisingly high number of normal lung function tests with women who had been diagnosed with lung cancer.

Studies also showed that men who had been diagnosed with lung cancer, first suffered from chronic obstructive pulmonary disease. COPD is considered to be one of the greatest indications of cancer.

According to lead researcher Dr. Raghu Loganathan, "The absence of COPD should not lower the risk in a female patient who is otherwise considered to be at an increased likelihood for developing lung cancer." Loganathan also stressed the importance that physicians look into additional risk factors when considering lung cancer screenings.

Although lung cancer continues to be the number one cancer killer in the world, screenings remain infrequent. The American Cancer Society estimates lung cancer will be responsible for more than 150,000 deaths this year in the United States.

COPD May Have a Greater Effect on Women Than Men

WebMD, May 22, 2006

According to WebMD, new research has found that women are more negatively affected by chronic obstructive pulmonary disease (COPD) than men. Researchers from the University of Florida studied 180 COPD patients who took part in a variety of lung function tests and a six-minute walk. The overall scores showed that women performed significantly worse than men.

During the study, lead researcher Claudia Cote, MD and her colleagues observed, "significant differences in the expression of disease severity," as well as more breathing problems, worse lung function, and lower quality

of life among women patients when compared to the men. They also noted that the differences between women and men with COPD, "may play a role in the increased mortality (death) rate seen among female patients with COPD." However, Cote also cautioned that the findings should not be taken to mean that male COPD patients do not suffer from their condition as well.

According to the Center for Disease Control (CDC), COPD rates have increased greatly since 2000 and more than 10 million Americans are currently suffering from the disease. The COPD rate for women is also on the rise having nearly doubled since 1980.

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Better Breathing
is a publication of:

**Breathe California
of the Bay Area**
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www.lungsrus.org

*Fighting Lung Disease
in All Its Forms and
Working with Our
Communities to
Protect Lung Health*

Last Better Breathers Club Meetings Before Summer!

Thursday, June 1st, 11 am to 12 Noon – Gilroy

St. Louise Regional Hospital Board Room, 9400 No Name Uno

Speaker: Colin Leeland, Advantacare

Topic: The Oxygen Equipment that's right for YOU

Monday, June 12th, 1:30 to 3:00 – Palo Alto

Avenidas Senior Center, 450 Bryant St.

Speaker: Debbie Archuleda, Outreach Paratransit

Topic: How our transportation services can help you get around town

Monday, June 26th, 1:30 to 3:00 – San Jose

Breathe California, 1469 Park Ave.

Speaker: Debbie Archuleda, Outreach Paratransit

Topic: How our transportation services can help you get around town

*We look forward to seeing you again when our meetings return in September!
Our September clubs will meet at the regularly scheduled times and locations.*

A Look Ahead: September BBC Meetings

Gilroy – Thursday, September 7, 11 am to 12 Noon

Palo Alto – Monday, September 11, 1:30 to 3 pm

San Jose – Monday, September 25, 1:30 to 3 pm

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